

CLAIMS

1. A method of normalizing the sleep/wake cycle of a mammal, said method comprising administering a therapeutically-effective amount of a compound selected from the group consisting of a cytidine-containing compound, a cytosine-containing compound, a uridine-containing compound, a creatine-containing compound, an adenosine-containing compound, and an adenosine-elevating compound to a mammal, thereby normalizing the sleep/wake cycle of said mammal.
2. The method of claim 1, wherein said administration reduces fatigue or tiredness, increases wakefulness, or improves the sleep quality of said mammal during the day.
3. The method of claim 1, wherein said cytidine-containing compound is cytidine.
4. The method of claim 1, wherein said cytidine-containing compound further comprises choline.
5. The method of claim 1, wherein said cytidine-containing compound is CDP-choline.
6. The method of claim 5, wherein said CDP-choline is administered orally.
7. The method of claim 1, wherein said cytidine-containing compound is CDP.

8. The method of claim 1, wherein said administering is chronic.
9. The method of claim 1, wherein said mammal is a human.
10. The method of claim 9, wherein said human is a child or adolescent.
11. The method of claim 9, wherein said human is an older adult.
12. A method of treating a sleep disorder, said method comprising administering to a mammal a therapeutically-effective amount of a compound selected from the group consisting of a cytidine-containing compound, a cytosine-containing compound, a uridine-containing compound, a creatine-containing compound, an adenosine-containing compound, and an adenosine-elevating compound.
13. The method of claim 12, wherein said sleep disorder is caused by a substance abuse disorder.
14. The method of claim 13, wherein said substance abuse disorder is alcohol, caffeine, or cocaine usage or dependence.
15. The method of claim 12, wherein said sleep disorder is insomnia, constructive or obstructive sleep apnea, restless leg syndrome, periodic limb movements, problem sleepiness, or narcolepsy.
16. The method of claim 12, wherein said cytidine-containing compound is CDP-choline.

17. A method of increasing cognitive function, said method comprising administering a therapeutically-effective amount of a compound selected from the group consisting of a cytidine-containing compound, a cytosine-containing compound, a uridine-containing compound, a creatine-containing compound, an adenosine-containing compound, and an adenosine-elevating compound to a mammal suffering from sleep deprivation, thereby increasing the cognitive functioning of said mammal.

18. The method of claim 17, wherein said cytidine-containing compound is CDP-choline.